

## ABSTRACT

The goal of this research is to know the effect of massage manipulation technique sport massage and circulo massage on leg for the changes of levels blood lactate. This research uses the randomized pretest-posttest control group design.

This research pick up 20 sampelrs that is taken randomly, and than divided into 2 group: massage technique sport massage and massage technique circulo massage. The data of levels blood lactate is taken before subjects do activity, immediately after physical activities, after 5 minutes of massage manipulation technique sport massage and circulo massage, and after 10 minutes taken from the sampelrs fingertrip.

Data can be taken from the research result and processed by using the descriptive statistic, normality test, homogeneity test, anova test with the significant level 5% computerizingly tested by SPSS program. The result that can be obtained shows: 1) that wasting rate velocity lactate of muscle to blood massage manipulation technique sport massage mean: 0,232 mMol/l/menit and wasting rate velocity lactate of muscle to blood massage manipulation technique circulo massage mean: 0,438 mMol/l/menit and 2) that wasting rate velocity of blood lactate massage manipulation technique sport massage mean: 0,258 mMol/l/menit and wasting rate velocity of muscle lactate to blood lactate massage manipulation technique circulo massage mean: 0,542 mMol/l/menit. Conclusion: 1) massage manipulation technique circulo massage waste lactate from muscle to blood faster than massage manipulation technique sport massage and massage manipulation technique circulo massage waste lactate from blood faster than massage manipulation technique sport massage.

**Key words:** massage, lactate